

prep & aftercare
Peel
Instructions

You can't just do a chemical peel without preparing your skin. To obtain the best results from a chemical peel series (Acid Peels can be done every 2-4 weeks), you must prepare your skin to assure your skin is prepped and primed to receive the acids with optimal penetration. For a minimum of two weeks it's important to pre-treat the skin, will need to treat any hyperpigmentation, pre-exfoliate the stratum corneum (outermost layers of skin *approximately 20), We want the skin to be healthy, and optimized with antioxidants, light exfoliation and nutrients. Here are all of the products that will work perfectly with your at home peels along with a protocol.

Pre-Treatment Protocol:

Cleanse AM/Pm thoroughly with AHA/BHA Exfoliating Cleanser

Apply Superior C Serum AM for super antioxidants.

Darker skin types and those dealing with pigmentation issues (freckling, melasma, spots) pre-treat 2x per day.

Apply Mandelic Acid Ampoule at night followed with Pro-Skin Brighten & Inhibit Complex | Kojic Acid 2%

This will nourish, treat and prep the skin.

Pro-Skin Brighten & Inhibit Complex | Kojic Acid 2% can be alternated nightly by Retinol+ Hyaluronic Cream or our Newest Retinal/Retinol Product Launching soon! A perfect way to super charge the cells and regeneration of skin.

Protect skin with SPF 30+ before going outdoors.

The 30% Citric Acid For patients with uneven pigmentation and discolorations, such as photoaging-induced dyschromia, sun spots and/or melasma and desire a brighter skin tone is a gentle but effective peel for home use.

Benefits of Citric Acid for Skin

Because it is an AHA, Citric Acid offers the same types of exfoliating properties as any AHA would.

But it also has a few additional benefits worth calling out.

Acts as a chemical exfoliant: All alpha-hydroxy acids, Citric Acid included, work by helping to dissolve the "glue" that keeps dead cells stuck together on the surface of the skin. By promoting cell turnover and helping these dead cells slough off, it helps unclog pores, even out skin tone, and improve overall textures.

Easily tolerated: What separates Citric Acid the most from other AHAs is its larger molecular size, making it difficult for the skin to absorb. While this reduces its potency, it does make it a gentler alternative for those with sensitive skin.

Has astringent properties: Citric Acid is a natural astringent, helping to dry out excess oil and leaving the skin feeling nice and clean, notes Rodney.

Contains protective antioxidants: Citric Acid is unique compared to other acids because it also has antioxidant benefits from external aggressors such as sun damage, can wreak havoc on skin cells. Antioxidants like Citric Acid can help combat some of that oxidative stress to reveal brighter-looking skin."

Helps maintain the skin's pH levels: Here's another unique feature. With a natural pH of about 2, citric acid is an excellent pH balancer. Why is that important? Keeping the skin's pH from becoming too alkaline helps maintain normal skin barrier function. A well-functioning skin barrier is at the root of healthy, beautiful skin.

Ingredient: 30% Citric Acid, Alcohol base

Comparison of Glycolic Acid. It reduces the appearance of wrinkles, fine lines, acne scars, skin tightening, large pores, and sun-damaged skin. Best for brightener complexion.

Citric acid, which is found in Citrus Peels, can have many benefits for the skin, including:

Exfoliation: Citric acid is an alpha-hydroxy acid that helps remove dead skin cells and promote cellular turnover.

Skin tone: Citric acid can help even out skin tone.

Fine lines and wrinkles: Citric acid can help reduce the appearance of fine lines and wrinkles.

Pores: Citric acid can help unclog pores and reduce excess oil that can lead to blackheads.

Skin texture: Citric acid can help brighten, soften, and smooth the skin.

Skin elasticity: Citric acid can help improve skin elasticity and prevent sagging.

What kind of peeling can I expect?

With Citric Acid there is only a light amount, to no visible peeling. Citric Acid is considered a Superficial peel. It can penetrate through the Stratum Corneum, the Stratum Granulose and possibly into the Stratum Basale layer at higher strengths. Peeling should be completed within 3-7 days. There is not truly any "down time" related with this acid. You may consider a bit of dryness "social downtime". The absence of flaking does not mean that this acid isn't working though. Flakes are not necessary for changes to occur within the skin. This is the perfect peel for someone that wants refreshed, new and glowing skin, but doesn't want to deal with the dryness and flakes a stronger peel will have. Continual use is recommended for best results. You can apply this peel one time every week or every second week until a series is completed. Then as needed, or monthly. Alpha hydroxy acids are considered OK to use during pregnancy and during breastfeeding (lactation).
Tip: When skin is acclimated to the Citric Acid 30% Peel you may want to use a stronger Peel like our TCA or Glycolic.

How to apply skin peel:

Cleanse: Start by cleansing the area with a mild cleanser or warm water and allowing it to dry.

Apply: Apply Herbal Blend Astringent to skin in an even layer with a cotton ball or gauze to remove excess oil in the pores so peel will penetrate better.

. Apply Peel to cotton round pad, use rubber gloves, start with less sensitive areas like the forehead, cheeks, and chin, then move on to the nose, neck, and lower eyelids. (Avoid the area of skin surrounding the nostrils and corners of the mouth if you have sensitive skin. Apply Vaseline in those areas prior to peel)

Apply a 2nd or 3rd coat to face, neck & decollete, but take notice if any areas are too sensitized. (Neck, Forehead & Decollete are thinner skin and may only tolerate 1 application)

Use a small fan to calm light burning sensation. The burning sensation will dissipate within 3-5 minutes. (If the sensation does not dissipate gently splash cool water until the peel is removed.)

Leave peel on the skin if tolerated well.

Peel may be rinsed off if after 5 minutes burning sensation or tingling is uncomfortable.

After 20 minutes apply a soothing moisturizer. Blue Copper Peptide can be applied for calming and skin strengthening, and Anti-aging Hexapeptide followed by Deep Wrinkle Matrixyl 3000 Cream for 3-4 nights.

Continue your skin care routine used prior to the peel for skin brightening and firming after 4 days. Apply moisturizer liberally as skin may be dry during exfoliation from peel. Superficial exfoliation not deep skin peeling or flaking can be expected.